

# Sensitivity During Economic Uncertainty

## Reactions, Symptoms and Solutions

The economic uncertainty faced by the state and nation is causing increased levels of anxiety and stress for many people. Everyone reacts differently to stress. In these challenging times, we can help each other by being sensitive to the concerns of others who are struggling with these changes.

### Reactions to Economic Uncertainty

- » Shock
- » Anger
- » Feelings of frustration and/or helplessness
- » Increased sense of vulnerability
- » Loss of confidence
- » Low morale and productivity

### Physical Symptoms

- » Inability to sleep
- » Loss of appetite, stomach pains
- » Headaches
- » Panic or anxiety, especially about going to work
- » Family tension and stress
- » Low morale and productivity

Here are some reminders for discussing the current economic situation with team and family:

- ☒ Be encouraging, not discouraging
- ☒ Avoid gossip
- ☒ Positive thinking is just as contagious as negative thinking
- ☒ Change is cyclical - things will improve.
- ☒ Your helpful EAP program is just a phone call away.

**Financial consultations and counseling are available  
through the EAP at  
(866) EAP-4SOC (866-327-4762) - TDD (800) 327-0801  
<http://www.dpa.ca.gov/benefits/eap.htm>**

